

City of Buckeye  
Community Services Department

# Center Connection



**2022**

**Buckeye  
Senior Center**

201 E. Centre Ave.  
Buckeye, AZ 85326  
623-349-6600

Fax: 623-349-6611

**Hours of Operation:**

Mon.— Fri.

9a.m. - 4p.m.

[www.buckeyeaz.gov](http://www.buckeyeaz.gov)

**Buckeye Public  
Libraries**

623-349-6300

**Dr. Saide**

**Recreation Center**

623-349-6350

**Area Agency on Aging**

**Senior Help Line**

602-264-4357

The Buckeye Senior Center has re-opened it's doors! For the health & safety of our staff and participants we are taking steps to prevent any unnecessary exposure to COVID-19, the coronavirus. Therefore, congregate meals, all activities and senior transportation services now require pre-registration, and will operate at a reduced capacity. Please note that we will continue to offer home delivered meals and medical transportation.

**Home Delivered Meals** are provided to persons that are unable to leave home because of a disabling physical, emotional or environmental condition and are unable to prepare adequate, nutritious meals for themselves. For more information call the **SENIOR HELP-LINE at 602-264-4357**

**Private Pay Home Delivered Meals** are available at this site for \$5 per meal.

**Congregate Meals** are available here. Monday-Friday 11:30a.m.-12:30p.m.  
Registration is required.

To register for meals, transportation, activities or have any other questions or concerns please call **623-349-6600**



**Join us at the Buckeye Senior Center for  
these exciting programs!**

**Aerobics for You!** Tues. and Thurs from 7-8am

**Texas Hold 'em** Tues. 1-4pm

**Silver Sneakers** Wed. and Fri. from 8-9am

**Cardio Drumming** Thurs. 8:15-9am

**Bingo** Wed. and Fri. from 12:45-2pm

**Billiards and exercise room** open during business hours Mon.— Fri

**Enjoy music in the mornings** on Wed. and Fri. while you visit with friends. Stop by and sit for a spell in our patio garden!



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



1  
Silver Sneakers  
8am(FB)  
Wellness Minute  
8:30am(FB)  
Sam's Club Cook Out  
10am-noon  
Fools Bingo  
12:45pm(FB)

4  
Wellness Minute  
8:30am(FB)  
Line dancing  
9am  
Wii Bowling  
1-3pm

5  
Aerobics for You!  
7am  
Wellness Minute  
8:30am(FB)  
Texas Hold 'em  
1-4pm

6  
Silver Sneakers  
8am  
Wellness Minute  
8:30am(FB)  
Site Council Officers  
Meeting 9:30am  
Bingo 12:45pm

7  
Aerobics for You!  
7am  
Cardio Drumming  
8:15-9am  
Wellness Minute  
8:30am(FB)

8  
Silver Sneakers  
8am(FB)  
Wellness Minute  
8:30am(FB)  
Bingo  
12:45pm(FB)

11  
Wellness Minute  
8:30am(FB)  
Line dancing  
9am  
Arts & Crafts  
10-11am  
Wii Bowling  
1-3pm

12  
Aerobics for You!  
7am  
Wellness Minute  
8:30am(FB)  
Texas Hold 'em  
1-4pm

13  
Silver Sneakers  
8am  
Wellness Minute  
8:30am(FB)  
Site Council  
9:30-10am  
BP checks w/ Denise  
10-11am

14  
Aerobics for You!  
7am  
Cardio Drumming  
8:15-9am  
Wellness Minute  
8:30am(FB)  
Ancestry Class  
12:30- 2pm

15  
Silver Sneakers  
8am(FB)  
Wellness Minute  
8:30am(FB)  
Bingo  
12:45pm(FB)

18  
Wellness Minute  
8:30am(FB)  
Line dancing  
9am  
Wii Bowling  
1-3pm

19  
Aerobics for You!  
7am  
Wellness Minute  
8:30am(FB)  
Texas Hold 'em  
1-4pm

20  
Silver Sneakers  
8am  
Wellness Minute  
8:30am(FB)  
Bingo 12:45pm

21  
Aerobics for You!  
7am  
Cardio Drumming  
8:15-9am  
Wellness Minute  
8:30am(FB)

22  
Silver Sneakers  
8am(FB)  
Wellness Minute  
8:30am(FB)  
Bingo  
12:45pm(FB)

25  
Wellness Minute  
8:30am(FB)  
Line dancing  
9am  
Arts & Crafts  
10-11am  
Wii Bowling  
1-3pm

26  
Aerobics for You!  
7am  
Wellness Minute  
8:30am(FB)  
Texas Hold 'em  
1-4pm

27  
Silver Sneakers  
8am  
Wellness Minute  
8:30am(FB)  
Bingo 12:45pm

28  
Aerobics for You!  
7am  
Cardio Drumming  
8:15-9am  
Wellness Minute  
8:30am(FB)  
Paint Along with Us  
1-3pm

29  
Silver Sneakers  
8am(FB)  
Wellness Minute  
8:30am(FB)  
Bingo  
12:45pm(FB)



Monday	Tuesday	Wednesday	Thursday	Friday
				1 CONG: Sam's Club Cook Out HDM Oven Baked Chicken Asparagus Stewed Tomatoes WW Roll Pineapple Tid Bits
4 Roast Beef Broccoli Scalloped Potatoes WW Bread Oatmeal Cookie Applesauce	5 Baked Cod W/ Lemon Sauce Brussels Sprouts Roasted Herb Potatoes Rice Pilaf Apricots	6 BBQ Pork Ribs Sweet Potato Cole Slaw Cheeses Biscuit Peaches	7 Chicken Stuffed Tomato Dill Seasoned Cucumbers Pickled Beets Croissant Pear Slices	8 Cheese Burgers Potato Wedge Fries Corn Fresh Melon
11 Parmesan Tilapia Roasted Carrots Brussels Sprouts Risotto Garlic Knots Mandarin Oranges	12 Pulled Pork Sandwich Normandy Blend Veggies Carrot Slaw w/ Apples Pineapple Parfait	13 Baked Turkey w/ Gravy Herb Roasted Red Potatoes Green Beans Brown Rice Grapes	14 Sloppy Joes Succotash Tator Tots Apple Slices	15 Chicken Alfredo w/ Penne Pasta Spinach Acorn Squash Garlic Raspberry & Strawberry
18 Pork Loin w/Mushroom Sauce Steamed Golden Potatoes Honey Glazed Carrots WW Bread Blueberry Muffin Apples w//Cinnamon	19 Chicken Enchilada Casserole Chuckwagon Corn Southern Cole Slaw Spanish Rice Tropical Fruit	20 Meatloaf Mashed Potatoes Broccoli Dinner Roll Peach Halves	21 Cilantro & Lime Baked Fish Cauliflower Zucchini Wild Rice Lemon Muffin Cantaloupe	22 Tuscan Pork Chive Seasoned Potatoes Lemon Snap Peas WW Roll Mandarin Oranges
25 Chicken Florentine w/ Bow Tie Pasta Garden Garlic Bread Peach Cobbler	26 Liver & Onions Mashed Potatoes Collard Greens Biscuit Pears	27 Mac & Cheese Peas & Carrots Green Beans Melon Slices	28 Pork Cutlets Normandy Veggies Sweet Potato Wedges WW Bread Blueberries w/ Yogurt	29 Turkey Wrap Cucumber Slices Beets Fresh Orange



### Ancestry Class

**Thursday, April 14 12:30-2pm**

Curious about who  
your ancestors are?

Have you ever wanted to  
research your families history?

Deborah Anderson will be here to guide you and  
walk you through the process!

Class is free! Please register at front desk

### We're having a cook out!

Friday, April 1 10am-noon

Hot Dogs, Hamburgers, & chips!

Sponsored by Sam's club Distribution

Please register at front desk

or call to register

623-349-6600



## the one minute Meditation

**Breathe in** through the nose,  
**Breathe out** through the mouth.

**Breathe in** feeling the lungs expanding,  
**Breathe out** feeling a sense of letting go.

POSTHOOD

**Breathe in** to feel the body getting fuller,  
**Breathe out** to feel the release of any tension.

**Breathe in** feeling alive and awake,  
**Breathe out** feeling muscles relaxing.

**Breathe in** that sense of fullness,  
**Breathe out** that unnecessary tension.

*Posthood*



## Wellness Tips

### Head Outdoors

1. Going for a walk/bike ride can boost your energy, strengthen your heart, and increase your immune system.
2. By planting a garden you can eat fresh fruits/vegetables or showcase beautiful flowers in your home.
3. Being in natural environments have a way of relaxing and de-stressing the body and mind.
4. Having fun and playing outside with family and friends can increase creativity levels.
5. A breath of fresh air cleans out your lungs and brings more oxygen to your muscles and cells.

## COMING SOON



### Coming in May

Tai Chi-Tuesdays at the Buckeye Senior Center

Zumba-Mondays and Fridays at Sundance Rec Center

### Coming in June

Summer Reading Challenge— Form a team with you favorite reader and read your way to prizes!

Keep an eye out in the Center Connection Newsletter for dates, times and registration info for these exciting programs!

### Fruity Yogurt Bites

#### Ingredients:

Natural or vanilla yogurt

Choice of favorite fruit

#### Directions:

Line a cupcake pan with liners

Fill each cupcake liner half full of yogurt

Place your fruit on top of yogurt, gently push fruit into yogurt slightly

Freeze for 2 hours

Enjoy!

